

## **The Signs in Buddhism** **which can be applied to our day to day life**

**Bottom Line of life** - Happiness

**Best Friend** - Awareness

**Five Fingers** - Confidence, Energy, Mindfulness, Concentration, Wisdom

**Brain** - Knowledge (about Karmic force or and Dependence Origination)

**Heart** - Loving Friendliness

**Enemies** - Desire, Hatred, Delusion (Defilements/ Unwholesome)

(The enemies are those who steal our good internal human values)

**Friends** - Generosity, Morality, Meditation (Wholesome)

The Friends are those who put the treasure inside

**Mirror of Dhamma** - Loving friendliness, Honesty, Wisdom

The mirror that you can see yourself in if you have success in your life

**Spirit** - Dependent Origination/ Cause and effect

(The Foundation of understanding of impermanence)

### **Legs and Hands (Limbs) –**

1. Association with a good friend who explains the Buddha's real message
2. Listening to the Buddha's Message
3. Wise Reflection
4. Practice

Everything people throughout the world do is done in the name of happiness. Even though we are in a society have achieved higher levels of wealth and education we are further away from finding happiness. What is the reason for this situation? According to Buddhism, the main reason for this situation is thinking as permanence of one's body and mind. We think of our body and mind as permanence and egoless. They think that the life is certain, and they can control it as they hope. Because of this ignorance, when our own body and mind change, and when we are unable to control it, we worry and cry, and fed up. If a person can understand his body and mind as it is, when they change, we don't worry because of real understanding.

The first step on the path to happiness is understanding of karmic law. It means when we do something with wicked mind, we will have bad results because of polluted mind. And if we do something with pure mind, we will have good results because of purified mind. When a person has this knowledge, he never tries to do bad deeds. He always is ready to do good and get rid of bad deeds because he doesn't like to suffer. He practices generosity, morality and meditation as much as he can with consciousness. Furthermore, he reduces desire, anger, bad behavior, jealousy and ignorance.

On the other hand, hearing Buddha's message he tries to apply the dependent origination which occurs impermanence to his body and mind. Then he doesn't refer to his body or mind as 'I', 'My' 'Mine'. If we have some sort of experience about the world through our senses, it means five aggregates which are form, feeling, perception, mental formation, consciousness which arise together at the moment. As soon as it arises, it overcomes without anything remaining. We have only memory, which also happens when we think of it at the moment. Suddenly it also arises and disappears.

As much as he who is ready to see the impermanence, he can live without suffering and fear. While the whole world is changing, he has very strong real understanding. He knows very well that every experience arises and disappears every moment. For this understanding, he listens to this message again and again throughout his life. Furthermore, by concentrating with his mind he tries to see this world reality by his wisdom. Here he always lives with his noble friend that awareness. He reflects the mirror as loving friendliness, honesty and wisdom. If he goes forward with these three qualities, it means he goes on the path of happiness. From the beginning to the end it is clear that happiness increases gradually. The result of this practice is clear, that the attachment to the world decreases little by little.